

Towards Healthy Cooking

Chandri Bhat is a cookery teacher and consultant based in India with over thirty years of experience in teaching cookery.



Healthy and satisfying one dish meal. This chowder is tasty and easy to make. It has no added fat. If you want to further reduce the fat and cholesterol, use only the whites of the eggs.

Sweet Corn Chicken chowder

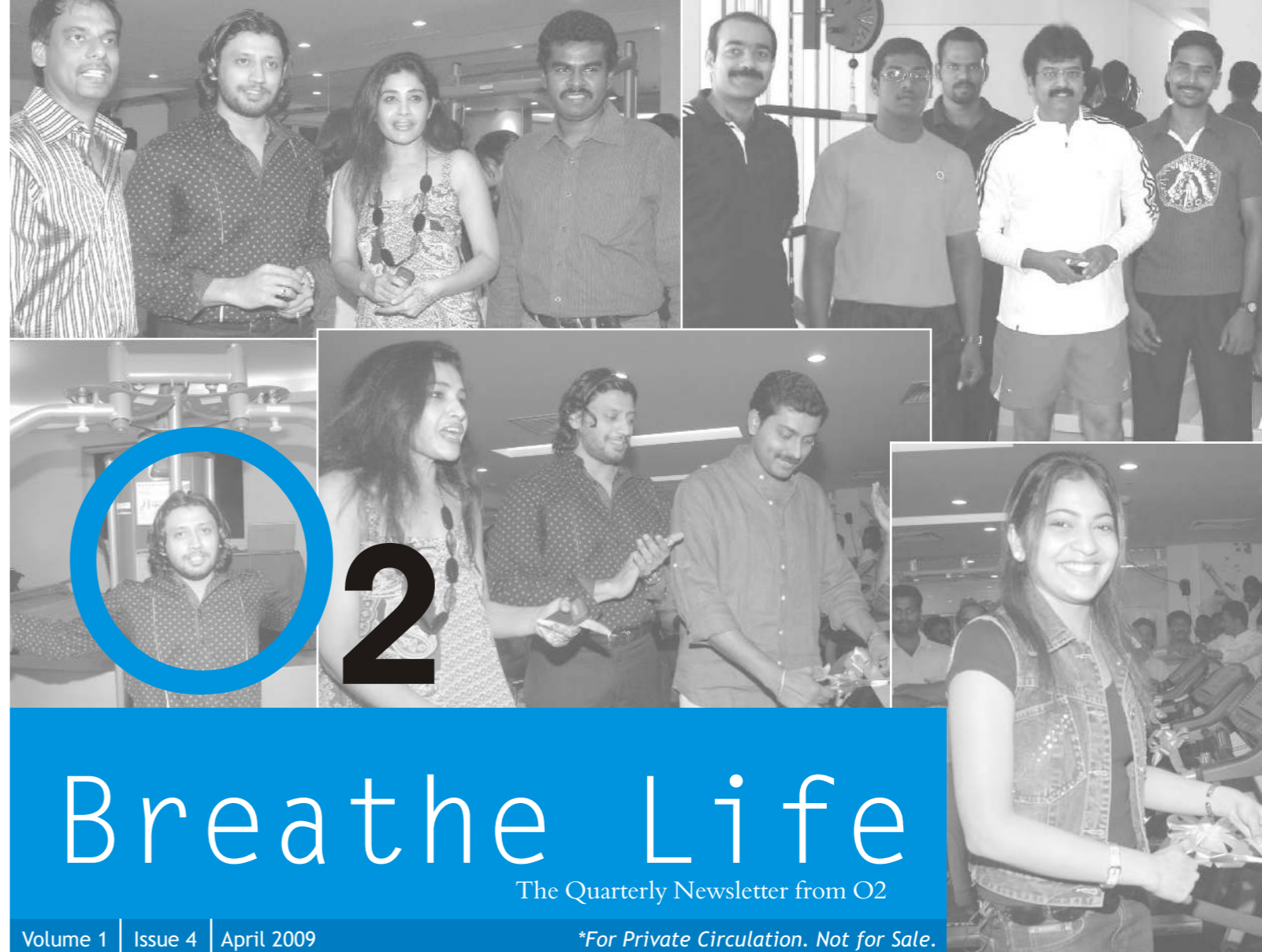
Chicken mixture	Serves 4
Chicken breast	350 gm (without skin)
Water/chicken stock*	1 ½ liter
Carrots	2 (150 gm)
Capsicums	2 (150 gm)
Mushrooms	100 gm
Onions	2 (150 gm)
Celery	2 stalks
Parsley	8-10 sprigs
Garlic	1 tsp, chopped
Sweet corn, cream style	1 tin
Corn flour	1 Tbsp
Noodles	½ cup, broken onto pieces
Eggs	2
Salt, pepper	

Peel and chop carrots. Remove seeds from capsicums, chop. Chop onion, mushrooms, celery and parsley. Combine all these with chicken and garlic. Add water/stock and ½ tsp salt. Simmer till the chicken and vegetables are cooked. Lift out the chicken breast, cool and shred the meat. Add it to the chowder. Add sweet corn. Add more salt if necessary. Add pepper to taste. Add corn flour mixed with a little water. Bring to a boil. Add noodles. Simmer for 2 minutes. Lightly beat the eggs and add to the simmering soup through a strainer, so that they set as thin strands.

Serve hot.

Keep the chicken stock in refrigerator till the fat from chicken solidifies on the top. Carefully skin off the fat and use the stock.

Note: Vegetarians may omit chicken and use 1 more cup of vegetables.

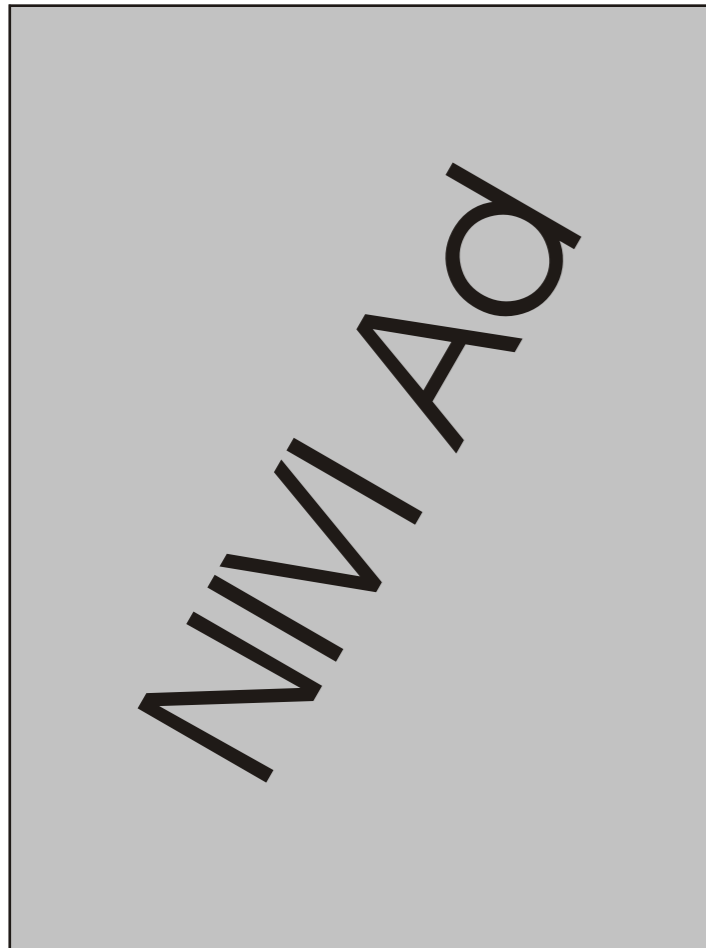


Breathe Life

The Quarterly Newsletter from O2

Volume 1 | Issue 4 | April 2009

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Celebrating Health in Mogappair!

O2 Health Studio, a boon to the residents of Mogappair and Anna nagar is celebrating its maiden birthday on the 30th of March 2009. It will be a nostalgic moments for all of us, for O2 opened with a bang with Salsa by Jeffery Vardon and a host celebrities like Actor Prashanth, Narain, Vivekh, the popular VJ Ramya and many others.

The sprawling 5000 Sq.ft Health studio, with state of the art facilities & its unique indoor jogging track, and thanks to the excellent service and care, today O2 at Mogappair boasts with more than 500 happy, healthy members!! It is also time to thank our members who have been stood by us and thanks to the wonderful, dedicated staff that we have been able to achieve this.

The credit indeed goes to the team in Mogappair, who kept the members motivated. We are sure O2 health studio, will continue to spread its wings and be a source of happiness and health to the people of Chennai. Visit us if you have not been to O2 Mogappair and feel the difference!!!

O2 Members Say

O2 Mogappair has come as a very big boon to the people living in this part of the city. A good Gym was missing. On my visit I saw extremely high quality equipment after that I even recommended my friends to join the gym. The physios and trainers are very good, with good knowledge of the subject and event cordial. The entire ambience on entering the gym is so pleasant, that when I workout I tend to completely forget my worries and tensions if any. Three cheers to O2 Mogappair.
- **D.Padmanabhan**

I feel very happy to work out in O2. The staff is so good enough to guide me through the year. I have reduced my weight upto 5kg. now I feel good and better than ever before. I thank all the O2 Teams at Mogappair O2 Health Studio.
- **K. Susha Naban**

Making a Difference!

I have often asked me what gives me real joy and what makes me happy? I've been struggling to find the exact answer and I think I stumbled upon it the other day and here it is... real joy comes to me if I've been able to reach out to someone, touched someone's life and to have made some difference there. In giving, I think lays my true happiness. It was by chance the other day that we were fortunate to have been chosen to conduct the car rally for the visually impaired. O2 Health Studio and Savera as socially responsible corporates gathering strength from many well wishers successfully carried out the **O2 Car Rally for the Visually Impaired** on the 29th of March. This special Rally that took off from Savera wore a carnival kind of atmosphere. The cheer and excitement generated from the participants as well as, the organisers was palpable! About 62 cars with the special navigators took off enthusiastically.



The celebrities who flagged off were actors **Suhasini & Aditya Menon**, young Business icon, **Sharath Babu** and **RJ Dina**; warmed many hearts. The evening prize distribution was accompanied orchestra by the visually impaired and cheerful songs from well meaning friends. The winners were further entertained by actor **Vivek** and the popular **Harish Ragevendra**. This happy event was well organised



by the Madras Motor Sports Club and The National Association of the Blind. The event ended on a high note of joy and laughter. For me specially, the event was a celebration of special abilities and I've also learnt that laughing faces don't mean the absence of sorrow but the ability to deal with them... So let's keep smiling till we meet again!

Nina

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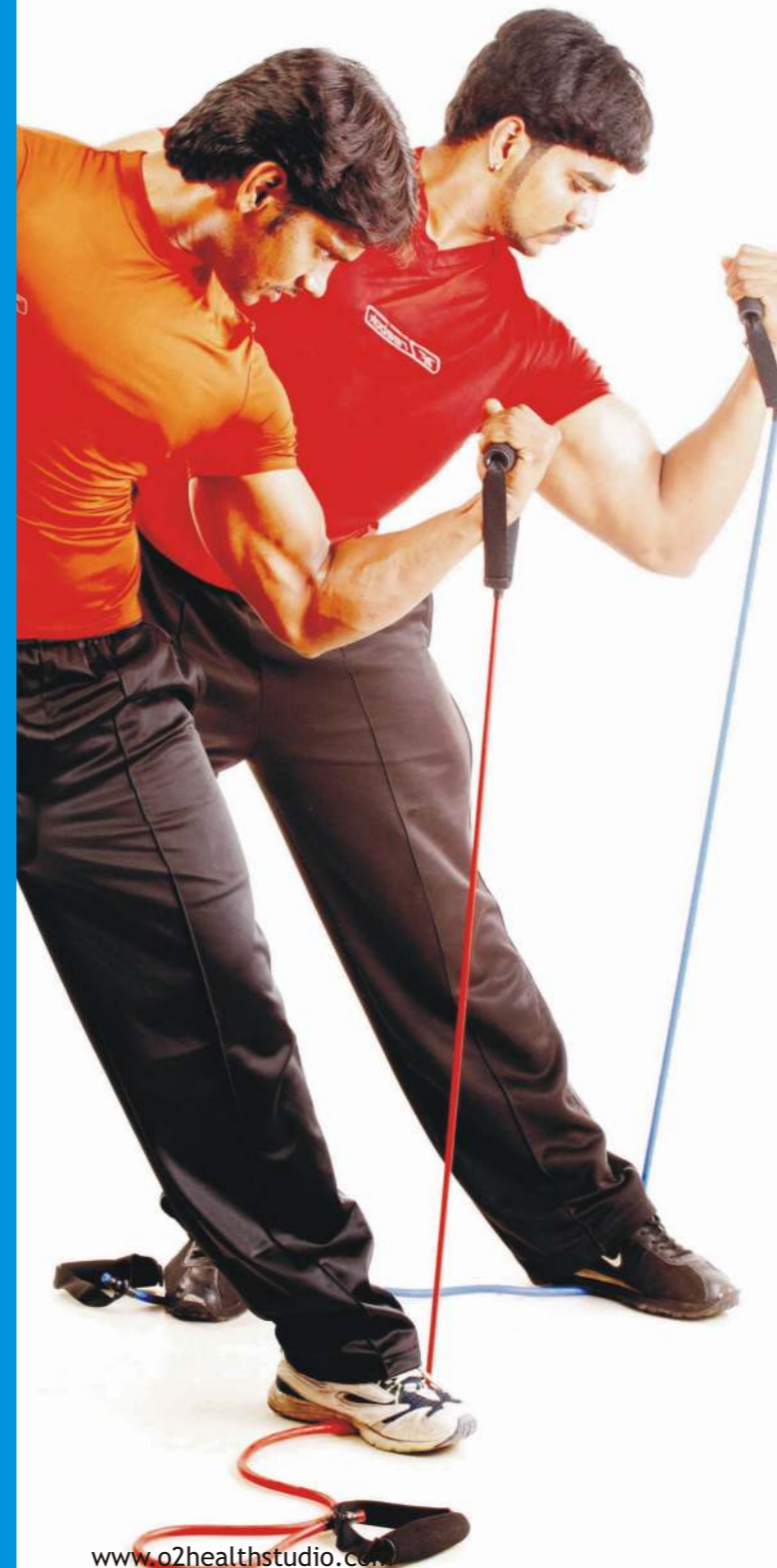
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Exercise for the Health of It - Part 3



Did you know that the human body has nearly 700 muscles which vary in size, shape and function? Most of these muscles are used for movement and maintenance of posture, and are called skeletal muscles. When determining your overall health, it is important to consider the amount of skeletal muscle mass compared to your overall body weight. An average adult male body is made up of 40% to 50% skeletal muscle mass and an average adult female is made up of 30% to 40% skeletal muscle mass. There are two distinct, but related, health, health components of fitness that are associated with muscle mass: **1) Muscular strength**, and **2) Muscular endurance**.

Muscular strength is determined by the maximum amount of force that can be exerted by a muscle or group of muscles and muscular endurance is the capacity of a muscle to contract repeatedly or continuously without undue fatigue. Muscular strength and endurance allow us to perform many tasks at home and at work. For instance, muscle strength is used when standing up from a chair or lifting a bag of groceries, and muscular endurance is used as when carrying a child.

Many people start losing strength as they age or otherwise become less active, although the loss is not irreversible. In addition, women tend to lose more strength than men, especially from the upper body. How do we gain and maintain muscle strength and endurance levels? For an average healthy adult. The simple answer is perform strength and resistance training exercises. There are many different methods available to you depending on your goals and whatever fits your needs and lifestyle the best, including weight/hand weights, tubing/bands and calisthenics (such as push-ups, abdominal crunches, etc.). It is best to set up an appointment with your fitness professional to guide you through the phases of a resistance training program.

You will soon realize the many benefits of resistance training, no matter what your age or gender (by the way, ladies, you don't have to worry about gaining too much muscle you don't have the level of male hormones that are necessary for increasing muscle size).

Here are some of the health benefits that you can achieve from resistance training:

- Increase muscle tone, decrease flabbiness, reshape your body
- Increase your metabolism – by increasing caloric expenditure can help you lose body fat
- Strengthen your bones – decreasing the risk of falling and breaking bones
- Improve posture
- Improve confidence levels

In summary, proper resistance training can help you avoid the risk of injuries and, of course, make you look and feel stronger and healthier.

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K. Ganesan, MPT (Sports Physiotherapy), is a STOTT Certified Instructor in Mat & Reformer. For further details contact **Mr.Ganesan at +91 9884463520**



Lets do Pilates...

Being a physio in sports I assumed that its going to be easy to understand and do pilates was my impression. Today I have a different view to pilates as I have started to feel the difference with the little amount of workout I am going through now. The best part was that the kind of challenge the muscle is put into and even people going to the Gym on a regular base also find it interesting and challenging. Strength does not mean control, that's what I learned during my pilates workout, I did not have control as there was not enough strength and the pro's had uncontrolled power. Thus we had our own challenges....

Welcome to Pilates...

Pilates was the brainchild of Joseph H. Pilates, a German who created a machine (out of old hospital beds and springs) and designed a method of exercise which would assist the soldiers in rehabilitation get stronger and regain their strength. In 1926, he moved to New York and brought along this method of exercise, which he termed 'Pilates'.

Pilates targets the Core Muscles – Abdominal, Back Extensors, Pelvic floor, deep support muscles, shoulder stabilizers, and other stabilizer of spine and peripheral joints.

- The systemic exercises of pilates are such that
1. The muscle functions both concentrically and eccentrically with control.
 2. All planes of movement are involved
 3. Specific Pelvic placement in openkinematic and closed kinematic chain exercises
 4. Various Props like Theraband, Exercise Ball, Reformer, Fitness Circle adds challenge to the workout.

Stott Pilates is in use for the last 15 year medicine and fitness professionals, they have spent more than a decade refining the STOTT PILATES method of exercise and equipment. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and effective methods available. This clear and detailed approach forms the basis for STOTT PILATES training.

Pilates is suitable for any age as it gives strength without using weights. As you get to workout one can see a considerable change in their body posture, Flexibility, Control of body movements and many more, which will be discussed in the next issue.

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- SAT** Club Night
with Guest DJ
- SUN** Rock Night
Pint beer or domestic spirits @ Rs. 100/-

Timing: 7.00 pm onwards

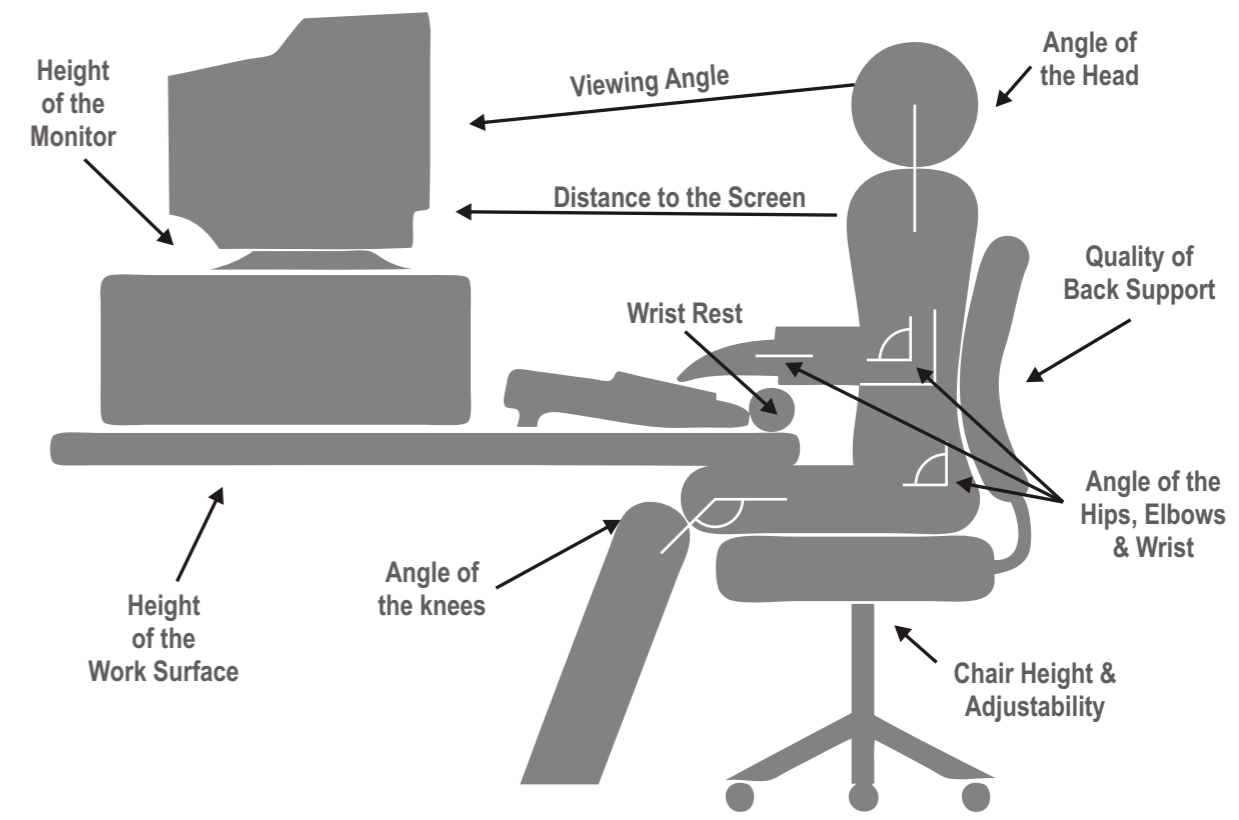
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Earnest Vijay is Fitness Director at O2. He is a Specialist in Sports Physiotherapy and Fitness. He is an ACSM Certified Health Fitness Specialist.

Software & Exercise



While software industry has been a boom to India, it has brought along with itself its own woes. People working in this industry are not only Prone for physical ailments like early spondyloses (degenerative changes) in spine, knee, wrist fingers etc., but also physiological and psychological ailments. Is there a solution to it at all?

Repetitive Strain Injury is a common problem with the software, BPO, KPO industry. Prolonged working hours in front of the system, can lead to an array of symptoms and disorders. Haven't we come across individuals ending up in the surgeons table for their back ailments? Here we will see a few of them and how to overcome it.

The first principle is a good software hygiene, which is ergonomically designed workstation, Proper Work Posture, Exercise Breaks and regular exercise. A good ergonomic work station can reduce half of our problem.

- COMPUTER ERGONOMICS:**
1. Align top of monitor with top of head
 2. Position screen at arm's length
 3. Position lights and screens to prevent glare
 4. Use document holder to prevent the need to look down
 5. Shoulders should be relaxed and aligned vertically with ears and hips

6. Chair should have high back support
7. Chairs should have high back support with slight backward tilt
8. Elbows should be flexed 90 degrees
9. Wrist should be straight to 5 degrees of extension, with use of wrist supports if necessary.
10. Hips should be flexed to 80-90 degree, preferably knee slightly below the hips
11. Feet should be supported on a floor or on a support
12. Keep items within reach of the arms
13. Take 5-10 Minutes of break every hour to perform stretching exercise

Well a note of caution, lot of us has ergonomically designed workstation, but we don't know to **use it properly**. When we see clients coming and telling us I have the most ergonomically designed chair in my office, yet I still get a back pain. We ask them to show as how they sit and work and all the faulty postures come into the picture.

No matter how ergonomically correct your workstation is, you should always remember to take frequent breaks. Set a timer, to remember that you need to get up, stretch, and give your body the rest it needs. In the next issue we will tackle the **right working posture**.



Abdul Samad., D.A.M.T., C.M.T., Graduate and Affiliated Teacher of TMC, Thailand. Qualified Therapist of Chivasom International Academy Practicing Therapeutic, Western and Eastern Massages for 14 years in India & Abroad.

Deep Tissue Massage

What is Deep Tissue Massage?

Deep tissue massage is a style of massage that is designed to get into the connective tissue of the body, rather than just the surface muscles. When our massage therapists perform a variety of techniques to deeply penetrate the muscles and fascia, loosening them and releasing tension. Many clients have a more intense experience with a deep tissue massage, but also feel that it is more beneficial, because it addresses deep-seated muscle pains. Like other types of massage, deep tissue is most beneficial when undertaken on a regular basis, so that therapist and client can work together to correct long term problems, relax the body, and prevent injury. At the end of the session, lots of water should be consumed to help the body express the toxins released during the massage.

Why get a Deep Tissue Massage?

It feels good and it is beneficial to your health. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. Because many toxins are released, it's important to drink plenty of water after a deep-tissue session to help eliminate these toxins from the body.

What is the purpose of Deep Tissue Massage?

The purpose is to "unstick" the fibres of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

Benefits of Deep Tissue Massage

- Speed recovery from exercises, increase physical confidence
- This slow but strong massage is especially helpful for athletes who require extensive muscle conditioning.
- It doesn't only loosen muscles but also helps to relieve pain and increase mobility.
- It helps in stimulating, conditioning and healing of muscle tissues.
- It is really useful in chronic pain, fibromyalgia, edema, muscle cramping, carpal tunnel syndrome etc.
- It helps muscle tissue stimulation in tense areas due to exerted pressure.

For appointments or details contact Mr. Abdul at +91 09840320632



Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 13 years and teaching Yoga for the past 9 years.
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Common Myths about Yoga



The word Yoga evokes images of tranquil scenes, colorful yoga mats and slim people bending and curling their fit bodies into complicated positions to achieve inner peace and serenity amidst the bustle of everyday life. However, the yogic practice cannot be squeezed into a singular definition. A lot of people think they know what Yoga is all about, but they see only the surface of this ancient meditative art. Yoga does not merely revolve around twisting one's body into an intricate pretzel. To Understand the truth behind the practice, one must delve deeper and shed light on some Yoga Myths. Here is brief survey of the most common myths about yoga, and look at what Yoga is really all about.

1. Yoga is a sport:

One of the important components of yoga is the practice of physical postures, known as asanas in Sanskrit. Due to this physical aspect of yoga, some people think of yoga as a sport or an activity akin to body building. In this sense, Yoga is seen as a casual pastime which one can take up and practice now and then like any sport.

The fact is that yoga is the art and science of physical, mental and spiritual development. Although the yoga postures may look like the stretching exercises found in some sports. The exercises in yoga are one part of an all-around program of personal development. The postures are not an end in themselves, but are meant to help prepare one's body for mental and spiritual development.

2. The Physical side of yoga is the most important Part:

Although the practice of yoga postures is the most commonly known aspect of yoga begins with the understanding and practice of moral precepts and living a life in harmony with self and society.

The foundation of yoga lies on the observance of principles such as not harming others, acting in the spirit of welfare, non stealing, non accumulation of excessive physical wealth, viewing all things as an expression of Consciousness, purity of mind, contentment, and selfless service.

If you can learn how to live in harmony with those around you, and at the same work on your own inner development, then the other components of yoga (postures, concentration and meditation) can be practiced with the best possible effects.

3. Yoga is only for women:

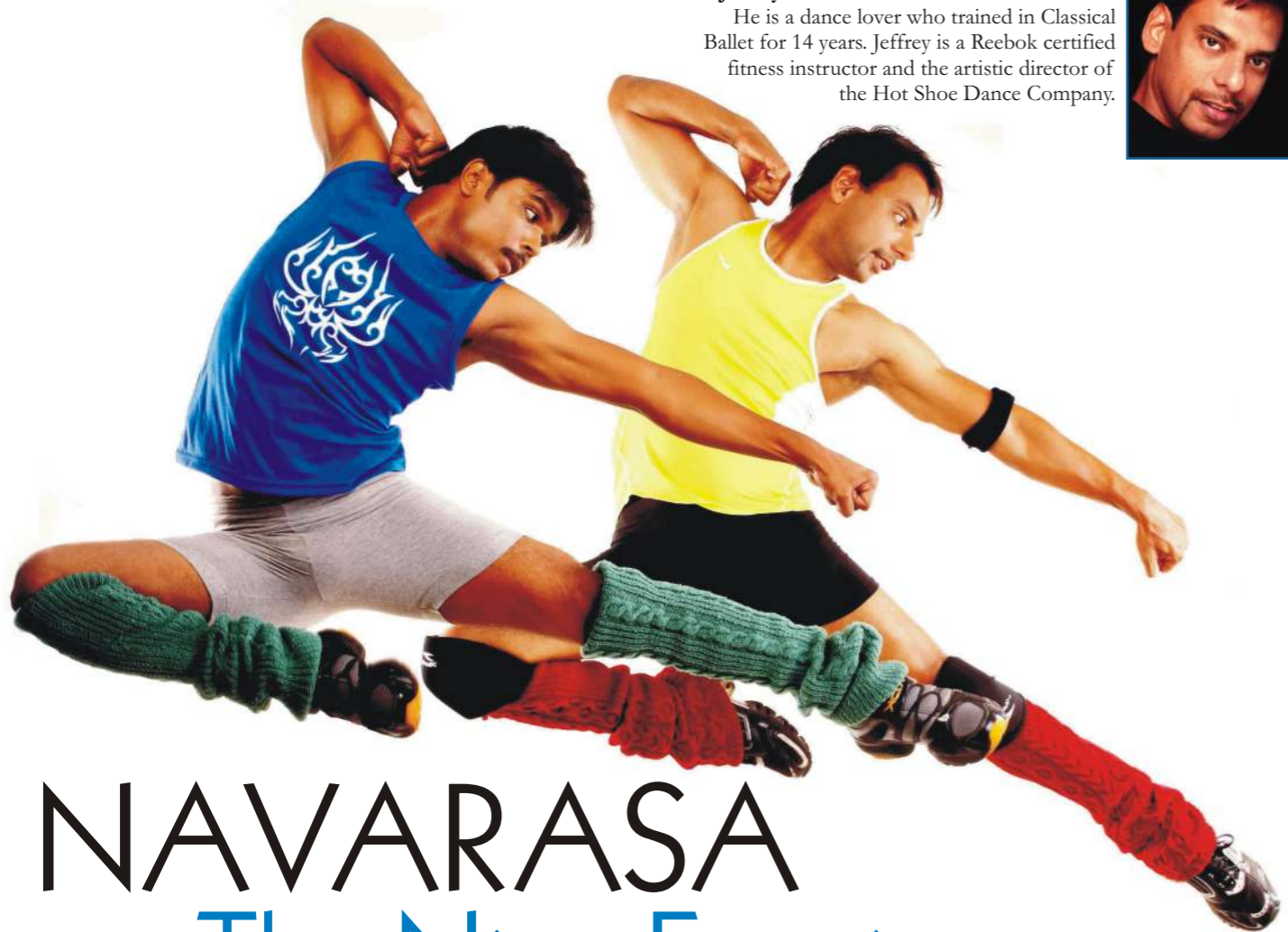
In some parts of the world the majority of yoga students are women, and some men may have gotten the idea that yoga is not for them. The fact is that all people are searching for inner peace and all people wish to avoid disease and live a healthy life. Yoga offers something for anyone who wishes an effective method of physical, mental or spiritual development and should not be thought of as a discipline reserved only for women or only for men.

4. Everybody must practice the same postures:

In most Yoga classes around the world you will find that several people at a time are practicing the same postures. Despite this widespread convention, the needs of individuals vary according to their physical structures and it is best to perform yoga postures that are individually suited to a particular individual. For example, a young man suffering from asthma will need postures that are quite different from an older woman with heart problems.

If you want to practice yoga postures correctly it is best to find a teacher who is able to prescribe the postures that are best suited to your particular needs.

Yoga Myths or mistaken beliefs can lead you away from what is true about Yoga. Seek the help of a certified and experienced Yoga instructor and practice regularly to have a deeper understanding of this 5000-year old activity. We will be dealing with more common myths about yoga in the next issue of this magazine.



Jeffrey Vardon is Director - Aerobics at O2. He is a dance lover who trained in Classical Ballet for 14 years. Jeffrey is a Reebok certified fitness instructor and the artistic director of the Hot Shoe Dance Company.



NAVARASA The Nine Emotions

Being a performer and a sensitive person I not only feel but come across different commotions like Love, Joy, Anger, Sadness, Fear, Disgust and so on, like any one of us who experience different emotions in just one day. I thought I would share Navarasa The Nina Emotions that a human mind experiences and may be our reactions which are commonly used on stage by a performer.

Life is a rich fabric that it gets its colour and texture from the happenings or experience that shape it. The boring lifestyle that characterize each day as well as the extraordinary happenings that makes our lives interesting, are all threads that get woven together to form the fabric. The one thing that is common to all these threads is that they evoke feelings in us, - we respond to them emotions. So, life can be thought of as a continuous sequence of emotions that arise in various circumstances. Those emotions, or rasas give life different hues, shades and colours.

Navarasa - The Nine Emotions

Shringara the Sanskrit word means 'Love' the feeling or emotion. 'Love' is common and I am sure all of us have experienced this emotion more than once. You need not only love living thing, one can also love ornaments, like Gold, Diamonds etc. Lets deal with 'Shringara'.

This is the emotion used to represent that which appeals to the human mind which finds something beautiful, which in turn evokes 'Love'. This is the King of all rasas and one that is the most used in art. Not only in a dance form but also to a fine art student on his canvas.

This love for can be between friends, the love between a mother and her child, the love for god, and the love between a teacher and his students. But the love between a man and a woman is the most popular form of this rasa. Different intensities of this love finds its throne in Classical Indian Dance. The sweet anticipation as she waits for her lover is as much as the passion she feels for her first love, a passion that intensifies her sensitivity that even the moon light will tan her skin.

Sometimes this rasa is confusing to individuals and when they get mixed up this poor rasa suffers. For example, when you admire a person or the role that he plays, that admiration when often contemplated makes a mark in your thought process and sometimes is misinterpreted as 'Shingara' this is when the rasa suffers and brings hurt more than joy.

The other emotions that are connected to this rasa are Beauty, Devotion, Delight and what comes out of it is Joy.

Joy is the next emotion known as 'Hasya' in Sanskrit which we would be dwelling on next...

Events O2 Celebrates Life!



VB Chandrasekar with Cricket Champions - O2 Mogappair



Felicitation of Dheena



Salsa Demo

7th Anniversary celebrations of O2 Health Studio & Body lyrics, held at Hotel Savera, had all the ingredients to make it as a super success. Demonstrations by the O2 Team on Taichi, Yoga, Salsa & Silambam were Inspirational. Our very own members set the stage on fire by walking the ramp. Sponsors who made it possible were Vaarsha, Purple and Gabbana. It was an evening to remember for the participants, audience and for us!!



Fashion Walk



Show stopper VJ Ramya

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SUKHAM



Wine & Cheese Evening for Womens Day Celebration Nina, Sujata, Shylaja and Anu 6th Mar 09



Ms.Mala Jayaram and Ms.Saira Abbas with their Recognition Awards for being with The Duchess Club since inception 9th Mar 09 Members Morning



Ms.Nina Reddy with Mr.Sanjay Pinto of NDTV at the Duchess Meeting in Jan'09



Paranthaman MPT (SPORTS) is the Manager of O2 Health Studio, Mogappair

Save Your Knees!



The proper Knee hygiene would be

1. Avoid being obese/over weight, for you have to load your knee joint 3 times your body weight when you climb,
 2. Avoid/Reduce Cross leg sitting, sitting on heel, it can put constant strain on the ligaments.
 3. Avoid static postures like prolonged sitting or standing
 4. Avoid running on concrete surface, uneven roads, without proper foot wear.
 5. Do your knee strengthening exercises at least 2-3 days a week, it hardly takes 5-10 minutes to your time.
 6. Warm up and cool down before any sports activity; use good exercise equipment.
 7. Consult your specialist when the niggle is smaller, do not ignore pain/discomfort.
- This way you can prevent injuries and minimize the chance of knife falling on your knee!

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